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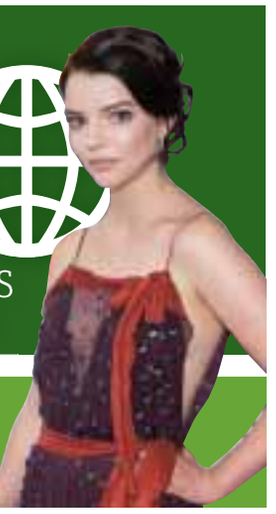

Who invented the margarita? It's a bit muddled. 20

THE NEW FACE OF HORROR

Anya Taylor-Joy talks about trying to survive 'The Witch.' 19

Startling slashings continue. 4

SOME ID, PLEASE

The Yankees have no identity and the Mets have all the star power as spring training begins, writes Marc Malusis. 26

GETTY IMAGES

FIJI CYCLONE KILLS FIVE

1 Downed power lines and flooding are hampering relief efforts in Fiji after one of the most powerful storms recorded in the Southern Hemisphere tore through the Pacific island nation, flattening remote villages and killing at least five people. Harsh winds and torrential rains tore up homes and cut power, water and communications links across the nation of about 900,000 people, although Suva, the capital, escaped the brunt after the storm changed direction. REUTERS

RADIOACTIVE MATERIAL

2 Radioactive material that went missing in Iraq has been found dumped near a petrol station in the southern town of Zubair, officials said, ending speculation it could be acquired by Islamic State and used as a weapon. The officials said the material, stored in a protective case the size of a laptop computer, was undamaged and there were no concerns about radiation. Reuters reported last week that Iraq had been searching for the material since it was stolen in November from a storage facility near the southern city of Basra. REUTERS

FIGHT OVER ENCRYPTION

3 The U.S. Department of Justice filed a motion seeking to compel Apple to comply with a judge's order to unlock the encrypted iPhone belonging to one of the San Bernardino shooters, portraying the tech giant's refusal as a "marketing strategy." In response, a senior Apple executive, speaking on condition of anonymity, characterized the Justice Department's filing as an effort to argue its case in the media before the company has a chance to respond. REUTERS

7 THINGS YOU NEED TO KNOW

WHITE TURF RACE

7 Franco Moro with his horse Dreamspeed in action during the Grand Prix Credit Suisse Skijoering Race of the White Turf St. Moritz on Sunday in St. Moritz, Switzerland.

ALL PHOTOS BY GETTY IMAGES

RETURN OF THE W TRAIN

4 The MTA has announced they intend to hold a public hearing on possibly restoring W train service in Queens and Manhattan this fall. In an effort to facilitate rerouting the Q train when the Second Avenue Subway opens later this year, the MTA has announced the potential return of the W train to effectively replace the current Q service in Queens. JASON NUCKOLLS

MISSING FROM PLANE

5 One person was still missing on Sunday after a small aircraft with four New York men on board made a forced landing in Long Island Sound, less than a mile offshore near Setauket, New York. Austricio Ramirez, 25, a student pilot from the Bronx, was flying a Piper PA 28 when the plane developed mechanical problems on Saturday night. Ramirez turned the controls over to the instructor pilot, Nelson Gomez, 36, from Queens, who landed the aircraft in Setauket Harbor, about 60 miles east of midtown Manhattan. REUTERS

FLEE ON SUBWAY TRACKS

6 A 32-year-old man was arrested Saturday after tossing a gun while attempting to flee when police caught him at a Brooklyn subway station allegedly using a disability MetroCard that did not belong to him, investigators said. On Feb. 20 at about 9 p.m., police officers who were on the southbound platform of the Livonia Avenue elevated train station saw a man enter a high-wheel turnstile using a disability MetroCard, according to police. ANGY ALTAMIRANO

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Jack & Jill School at St. George's Church
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Elisabeth Irwin High School
Manhattan Country School
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Marymount School of New York
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Morningside Montessori School
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St. Bernard's School
St. Hilda's & St. Hugh's
St. Luke's School
Staten Island Academy
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The Church of the Epiphany Day School
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BRIEFS

Video shows suspect who slashed man in head at Bronx food truck line

Police have released a video of a suspect they say attacked another man on Valentine's Day as the two attempted to buy something to eat from a food truck in the Bronx.

On Feb. 14 at about 2 a.m. the 24-year-old victim was standing in line to buy food from a food truck near Jerome Avenue and East 174th Street when the suspect cut the line, authorities said.

An argument began and the suspect took out an unidentified object and slashed the victim in the head before fleeing, according to police.

The 24-year-old man was treated at Bronx Lebanon Hospital and later released.

Police describe the individual wanted for questioning for the incident as a Hispanic man, between 25 to 30 years old, 5 feet 10 inches to 6 feet tall and with a slim build.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then enter TIP577.

Visit Metro.us to see video of the suspect moments before the incident. **ANGY ALTAMIRANO**

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5 injured in NYC weekend slashings

GETTY IMAGES

One victim was slashed in Harlem, three were injured in the Bronx and one woman was cut in Brooklyn.

ANGY ALTAMIRANO
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Following a week where four people were injured in slashings in the span of less than three days, five others fell victim to such crimes over the weekend, according to published reports.

The first incident occurred at about 1:30 a.m. on Saturday inside a Popeyes restaurant in Harlem on West 125th Street when a 19-year-old man had an argument with another man, the New York Post reported. The suspect then took out a knife and slashed the victim in the neck.

The victim was taken to St. Luke's Hospital to be treated for his injury.

Hours later, at about 5 a.m. on Saturday in the Bronx, a 25-year-old man was stabbed in the arm, stomach and thigh after a man he was drinking with outside his home at the Butler Houses demanded his sneakers, according to the New York Daily News.

When the victim, later identified as Theo Cooke, refused, the attacker allegedly pulled out a knife and began stabbing him. Cook was reportedly taken to Bronx Lebanon Hospital where he was in critical condition.

On Saturday afternoon at about 5:30 p.m., a woman was attacked by two men on Holland Avenue in the Bronx, according to the Post. The men stabbed the victim in the stomach and slashed her on the right ear before fleeing the scene. She was taken to Jacobi Hospital with not life-threatening injuries.

The fourth incident occurred in Brooklyn on Sunday at about 3:23 a.m. when a 59-year-old woman was slashed inside a home on Hawthorne Street, the Daily News reported. She was taken to Kings County Hospital in critical condition.

A 57-year-old man was reportedly taken into custody at the scene of this slashing and a weapon was recovered.

At about 3:40 a.m. a 32-year-old man was slashed in the face as he was walking in front of 920 E. 173rd St. in the Bronx, according to ABC. The man was approached from behind by a suspect who then cut him before fleeing.

These five incidents follow four slashings that occurred in the city last week. A man was cut in the face during a robbery in Nolita on Feb. 18, less than a day after a suspect at the Silver Spurs restaurant in Greenwich Village sliced a waiter's face open.

Days before that, on Feb. 16, a cab driver in Harlem had his face cut and on Feb. 15 a 23-year-old man was attacked in the Financial District.

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Award-Winning Vein Clinic Announces Opening of New Office in Astoria

Nation's only coast-to-coast vein clinic offers minimally invasive varicose vein treatments

Astoria, New York, – February 8, 2016: USA Vein Clinics, the only coast-to-coast vein clinic system in the United States, has announced its plans to open a new office in Astoria. This brings to 32, the number of offices that the award winning USA Vein Clinic has across the country. The new office is located at 30-33 Steinway, in Astoria. USA Vein Clinics (USAVC) has been voted "Best Vein Clinic" numerous times because of the advanced medical treatments it offers and its documented 100% customer satisfaction rating from patients with varicose veins and other venous insufficiency conditions. The ability to detect and treat potentially life-threatening venous insufficiency conditions is one of the reasons why USAVC is the only clinic with office locations spanning the nation.

USAVC provides the most advanced, minimally invasive varicose vein treatments available on the market today, including Endovenous Laser Therapy (EVLT). Both of these procedures have a proven track record of positive outcomes and the highest documented rates of reduced pain and increased patient comfort.

The skill of USAVC specialists is proven by the positive outcomes experienced by patients. "We are fortunate to have vascular specialists with the skill and experience to detect and stop potentially fatal venous insufficiency conditions in their tracks," said USA Vein Clinics founder Yan Katsnelson, MD. "While many patients believe their problem is aching varicose veins, we sometimes find that another much more serious, and potentially life threatening venous insufficiency condition is lurking in the background, such as peripheral arterial disease (PAD). "We detect and treat these conditions, and return our patients to healthy lives."

Anyone experiencing leg aches or cramps, heaviness in the legs, restless leg syndrome, itching or burning in the legs, discoloration or non-healing wounds in the legs or ankles are urged to call and schedule a consultation immediately, even if they do not have significant varicose or spider veins.

"Even though Venous Insufficiency can be serious," said Dr. Katsnelson, "treatment is quick, painless, effective, non-invasive and covered by Medicare and most insurance plans.

To find out more about the symptoms of Venous Insufficiency, or to schedule a minimally invasive treatment for varicose or spider veins, call USA Vein Clinics at **917-717-5135**, or log onto **www.usaveinclinics.com**.

The doctors at USA Vein Clinics include graduates of Harvard and Stanford medical schools and are extensively trained in vascular medicine. USA Vein Clinics has offices in Los Angeles, Chicago, Boston, New York City, Philadelphia, Tinton, New Jersey, Washington DC, Georgia and Arkansas.

Thirty million Americans suffer with varicose veins. Fifty percent of all people over the age of 50 have varicose veins and 300,000 people a year die due to complications of vein disease. Varicose veins are painful and can cause other health issues such as ulcers and blood clots. Age, family history, obesity and occupations that require standing on the feet all day are risk factors for varicose veins.

Cops, gunman hurt in Brooklyn gunfight

Two officers were hit in an early Saturday morning shootout in Bed-Stuy.

Police recovered a .357 Magnum revolver from the front seat of Jamal Funes' car after a gunfight that left two officers injured. **NYPD**

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Two police officers were recovering Sunday after being shot in Brooklyn early Saturday morning during a gunfight with a man who led cops on a vehicle pursuit.

On Saturday at about 3:20 a.m., police officers heard a shot fired near the intersection of Quincy Street and Malcolm X Boulevard, according to authorities. As the police approached the suspect — later identified as 34-year-old Jamal Funes — he allegedly pointed a gun at them and fled in a vehicle.

The officers began to pursue Funes as they called in for assistance, according to police. Moments later, as Funes traveled the wrong way on the street, he rammed into a responding marked patrol car at the corner of Lexington Avenue and Malcolm X Boulevard.

According to authorities, a total of about eight officers then confronted Funes and fired at him, striking him several times while he was still in his car.

During the shooting, two police officers — who were plainclothes anti-crime officers from the 81st Precinct — were struck, police said.

According to authorities, one of the officers suffered blunt-force trauma after he was hit in his protective vest in the chest area, but the bullet did not penetrate. The second officer was struck once below the vest line and the bullet entered his right hip.

According to the New York Daily News, the injured officers were identified as nine-year NYPD veteran William Reddin, 33, of Lynbrook, and third-generation cop Andrew Yurkiw, 29, of Wantagh. Both were listed in stable condition Sunday.

It was also possible that one or both of the officers were hit by friendly fire, after more than 30 shots were fired during the incident, according to police sources.

Funes, who authorities believe is from New Jersey, was listed in critical condition at Brookdale Hospital Sunday.

The investigation is ongoing.

"[Saturday] morning is a reminder of the important and dangerous and crucial work that our police officers do, and the way they put their lives on the line for us every single day, and that is why this city is kept safe, because these men and women step up for us."

Mayor Bill de Blasio

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The Bronx has the largest amount of crowded apartments in New York City. FLICKR/SARAH ACKERMAN

These are the most crowded areas in NYC

A new report shows the Bronx has the greatest share of crowded homes, while Queens has the most crowded neighborhoods.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

By the numbers

Boroughs with the highest percent of crowded households:

Bronx 12.4%
Brooklyn 10.3%
Queens 9.4%
Manhattan 5.4%
Staten Island 3.4%

If you live in New York City, there is one thing you know best — whether on the street, subway or even at home — the Big Apple is crowded.

A recent report by StreetEasy took a look at which neighborhoods have the largest amounts of crowded apartments and also how high rents play a large role in overcrowding continuing to increase throughout the city.

The report used data released by City Comptroller Scott Stringer last year which showed that New York City has more than 270,000 crowded homes and saw a proportion of severely crowded dwellings increase by 44.8 percent between 2005 and 2013.

Based on information from the 2013 Census, 8.9 percent of all city households met the definition of being crowded — compared to just 3.3 in the nation, according to StreetEasy.

Out of the five boroughs, the Bronx held the highest percentage of crowded households with 12.4 percent. It was followed by Brooklyn with 10.3 percent and Queens with 9.4 percent.

Homes in Manhattan and Staten Island saw 5.4 percent and 3.4 percent overcrowding, respectively.

Through looking at crowding rates per neighborhood, the report showed that the areas with the most crowded neighborhoods were in the south Bronx, central Queens and south Brooklyn.

Even with the Bronx being the borough with the largest amount of crowded households, Queens made the top of the list when it came to having the most neighborhoods with the highest crowding rates, according to StreetEasy.

Neighborhoods such as Corona, East Elmhurst and Jackson Heights each saw a crowding rate of more than 20 percent — landing them the title of the most overcrowded neighborhoods in the entire city for 2013. These areas are also the ones that have the highest percentage of immigrants in the city, with 64 percent of residents of Elmhurst and Corona being immigrants and 62 percent in Jackson Heights, according to Stringer's report.

In Brooklyn's case, the borough is the location that has recently seen some of the highest increases in crowding. Five of the top-10 neighborhoods with the highest growth in crowding rates are located in Brooklyn — with Kingsbridge seeing a 6.1 percent change in three years.

Based on the report, crowding in the city is fueled by the constant struggle of having to pay for continuously rising rent.

According to StreetEasy, in 2016 the typical household in the city will have to spend 65.4 percent of its annual income on median asking rent — increasing from 58.4 percent the previous year. This has led to many New Yorkers trying to look for multiple roommates just to be able to pay for rent.

And although the median rent is expected to grow by 3.2 percent in 2016, the median household income is only expected to go up by 0.7 percent.

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BOLARIS WEATHER WATCH: MASSIVE WINTER STORM EXPECTED AFTER MILD TEMPS

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

The Arctic air has retreated for now, but as Arnold Schwarzenegger would say, "I'll be back."

In the meantime, we have been in the defrost mode as it was much needed after the brutal Arctic assault last week. Milder temperatures will remain with us for most of this work week, but at the same time a very powerful and massive winter storm will play a role in the weather across the entire eastern half of the nation, Gulf states, and Midwest.

On the western flank: heavy wind-driven snow; in the South and Southeast, look for severe storms with tornado outbreaks; and here in the Northeast, windswept heavy rains.

The heaviest rain for us will take place Wednesday afternoon, Wednesday night and continue into Thursday morning across Southern New England. Flooding problems will become widespread across much of the Northeast by Wednesday night with plenty of local street and highway flooding, and flash flooding of streams and creeks seems likely at this time.

Frigid air is waiting in the wings for Feb. 27-28.

The next Arctic blast is due to arrive for the last weekend of February, with this upcoming Sunday featuring bitter wind chills that will drop the thermometer below zero. After that, long range computer models are hinting at possible coastal storm development during the first week of March with heavy rain and snow potential. It's early in the weather ballgame and we will see if the March lion will roar or if it's just fiction by the long range computer models.

NYC's week to start off nice, but then...

Off to a great start for your Monday with plenty of sunshine and temperatures mainly in the 40s.

On Tuesday we should see some light rain arriving later in the day, it could start as some sleet and snow across our northern and western suburbs. A massive and powerful storm system begins to move here on Wednesday, we will be on the eastern flank so we will be dealing with heavy windswept rains from later Wednesday through that night. Street and highway flooding along with stream and creek flash flooding is a strong possibility.

We dry out and cool down for Thursday and Friday.

This weekend the return of the polar blast with coldest of the air to arrive Saturday night into Sunday with wind chills dropping below zero.

Storm threat for early next week.

BRIEFS

Police find guns, ammo, fireworks after pulling over speeding car in the Bronx

Two men were arrested and charged earlier this week after police pulled their speeding car over in the Bronx and found an arsenal of illegal items, according to authorities.

On Feb. 17 at about 9:30 p.m. Sgt. Victor Villalobos and Police Officer Wilber Martinez, who are assigned to the Bronx Housing Impact Response Team, were in their police car near 1020 Soundview Ave. when they saw a white sedan speed past them, according to police.

The officers stopped the car — which was missing both its front and rear bumpers — and when they approached the vehicle they saw a round of ammunition on the floor behind the driver's seat, cops said.

After further investigation police recovered five firearms, one BB gun, 10 ammunition magazines, one speedloader and about 240 rounds of ammunition in various sizes — four of which were hollow-point, according to police.

An assortment of fireworks and a small quantity of marijuana was also found.

Both the driver and passenger — who had a suspended driver's license and an open warrant, respectively — were placed under arrest and an additional five rounds were taken from the passenger, authorities said.

The driver, 21-year-old Justin Reyes from the Bronx, was charged with multiple counts of criminal possession of a weapon, reckless driving, aggravated unlicensed operation, unlawful possession of fireworks and unlawful possession of marijuana.

Passenger Marco Lugo, 20, from Texas, also faced charges.

ANGY ALTAMIRANO

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Scalia's absence to be felt as Court returns

Scalia could have represented the deciding vote in one of two cases to be argued Monday.

Memorial service for Associate Justice Antonin Scalia GETTY IMAGES

The eight remaining members of the Supreme Court will feel the absence of their late colleague Justice Antonin Scalia in more ways than one when they return to work Monday.

A somber mood is expected as the court hears oral arguments in two cases, its first action since Scalia, 79, died on Feb. 13 at a Texas hunting resort. Scalia was a conservative mainstay known for posing tough questions to lawyers and for provoking laughter with his observations during oral arguments.

His death left the court with four conservatives and four liberals and triggered a furious fight between President Barack Obama, set to name Scalia's successor, and Senate Republicans who have vowed to block any nominee from the Democratic president, with the court's balance of power at stake.

One case Monday involves Fourth Amendment rights against unreasonable searches. Scalia sided with law enforcement on two similar cases in recent years. With his absence, the court could split 4-4, meaning the lower court ruling would stand and no nationwide precedent would be set. The court also could order the case to be re-argued after the Senate confirms Scalia's replacement.

With the showdown between Obama and Senate Republicans raising the possibility of a long wait before Scalia's successor is confirmed, the court will remain shorthanded for an uncertain period of time. REUTERS

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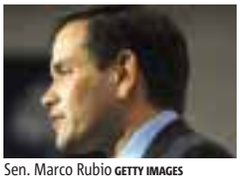
Rubio sharpens attacks after latest Trump win

The remaining Republican candidates are now scrambling for voters in 12 states that hold nominating contests on March 1, also known as Super Tuesday.



Sen. Marco Rubio GETTY IMAGES

Marco Rubio emerged from a razor-thin second-place finish in South Carolina's presidential primary on Sunday with the Republican field narrowed and his target clear: Donald Trump.

Rubio squeaked by rival and Senate colleague Ted Cruz in a vote on Saturday that cemented the appeal of firebrand outsider Trump as well as the failure of a candidate from one of America's political dynasties: Jeb Bush.

Rubio, a first-term senator from Florida who himself has come under attack for lacking governing experience, turned that criticism on Trump, a billionaire businessman and former reality TV star who has never held elective office.

Trump is long on rhetoric but short on specifics, Rubio said on CBS's "Face the Nation," challenging the front-runner, who finished 10 points ahead in South Carolina, to provide them.

"If you're running to be president of the United States, you can't just tell people you're going to make America great again – I think you need to begin to explain exactly how you're going to do it, policywise," Rubio said, referring to the Trump campaign slogan "Make America Great Again!"

Rubio criticized Trump on health care policy and said he found his view of Russian leader Vladimir Putin troubling.

"I don't think he fundamentally understands exactly who Vladimir Putin is and or exactly what he's trying to do," Rubio said, quickly adding, "This is not an attack or anything of that nature."

In several television appearances, Rubio stressed his intention was not to "go after" Trump but to discuss issues.

Rubio has reason to be skittish. A hallmark of Trump's campaign has been consistent and highly personal savaging of his political rivals – or anyone else he perceives has attacked him, including a milder rebuke of Pope Francis. His most notable target was Bush, whom he began characterizing early on as a "low-energy" loser.

REUTERS

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Six killed in Mich. shootings; suspect was an Uber driver

Police said the shooter, Jason Dalton, had no known criminal record.

A gunman suspected of killing six people and wounding two others in apparently random shootings in Kalamazoo, Michigan, was a driver for the car-hailing service Uber who a television station reported may have taken fares during the rampage.

Kalamazoo County Prosecuting Attorney Jeff Getting on Sunday alleged Jason Dalton opened fire late Saturday in parking lots outside an apartment building, a Kia car dealership and at a Cracker Barrel restaurant.

Authorities could not confirm that the 45-year-old suspect was working for Uber during the nearly five-hour shooting spree at the three sites. He was arrested early Sunday.

Dalton KALAMAZOO COUNTY SHERIFF'S DEPT.

An Uber representative confirmed that Dalton was a company driver and that he had passed background checks. The representative referred questions about whether Dalton was working at the time of the shootings to police..

The victims "appear to be chosen at random, because they were available," he said at a news conference. "They were shot multiple times, multiple — nine, 10, 11 shell casings at each of these scenes."

The carnage in Kalamazoo, a city of about 75,000 people 150 miles west of Detroit, was the latest in a series of mass shootings that have made gun control a campaign issue before the November presidential election.

WOOD TV, a Grand Rapids station, quoted police as saying that they were investigating reports that Dalton dropped off Uber fares at a Fairfield Inn hotel. He then went to the nearby Cracker Barrel and killed four women and seriously wounded a 14-year-old girl.

The station reported that Getting said authorities were investigating a Facebook post by the fiance of an Uber passenger, who said that Dalton had sideswiped a car, run a stop sign and was driving erratically just before the shootings.

An Uber representative confirmed that Dalton was a driver for the car-hailing service and said that he had passed background checks. In an emailed statement, the company's chief security officer, Joe Sullivan, said Uber was contacting police to help with the investigation.

Getting told reporters he believed police had recovered Dalton's cellphone. Dalton was thought to have been in contact with more than one person during the shooting spree, he said.

Dalton was arrested in downtown Kalamazoo at about 12:30 a.m. Getting said he expected Dalton to be arraigned on Monday on charges of murder, assault and firearms violations. REUTERS

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US businessman detained in Iran denied access to lawyer

An Iranian-American businessman detained in Iran since October has been denied access to his lawyer by authorities, his attorney and family said in an interview and on social media over the last two days.

Siamak Namazi, a dual U.S.-Iranian citizen, was detained by Iran's Islamic Revolutionary Guard Corps in October while visiting family, according to a source familiar with the matter who declined to be identified. Iranian authorities have not announced any charges against him.

Five other American citizens were released from Iranian prisons more than a month ago as part of an historic prisoner swap with the United States. After their release, Secretary of State John Kerry said that he had commitments from Iran that Namazi's case would be resolved soon.

Mahmoud Alizadeh Tabatabaei said in a phone interview Friday that he is representing Namazi and that Iran's judiciary chief has not yet allowed him to meet with his client. Such permission is required by Iranian law if an individual is accused of national security-related crimes, he said, adding that he has not been officially informed of Namazi's charges.

Iranian-American consultant Siamak Namazi AHMAD KIAROSTAMI/HANDOUT

"Not me, nor any other lawyer has received such permission from the head of judiciary so far," Tabatabaei said. "His mother has met him a few times, but his father has not been allowed to see him."

Tabatabaei said he and Namazi's mother met this month with a prosecutor who promised to allow more meetings between her and her son.

In a post on Facebook on Saturday, Namazi's mother, Effie Namazi, said she had not been able to see her son for some time, and did not know his condition. But she said she had received news through his cellmate's family that Namazi had begun a hunger strike.

"This step by Siamak has greatly increased the worries of his family, because it will certainly hurt his health," Effie Namazi wrote. "As a mother I ask officials to at least allow for me and his father to meet with Siamak as soon as possible and jointly convince him to quit his hunger strike." REUTERS

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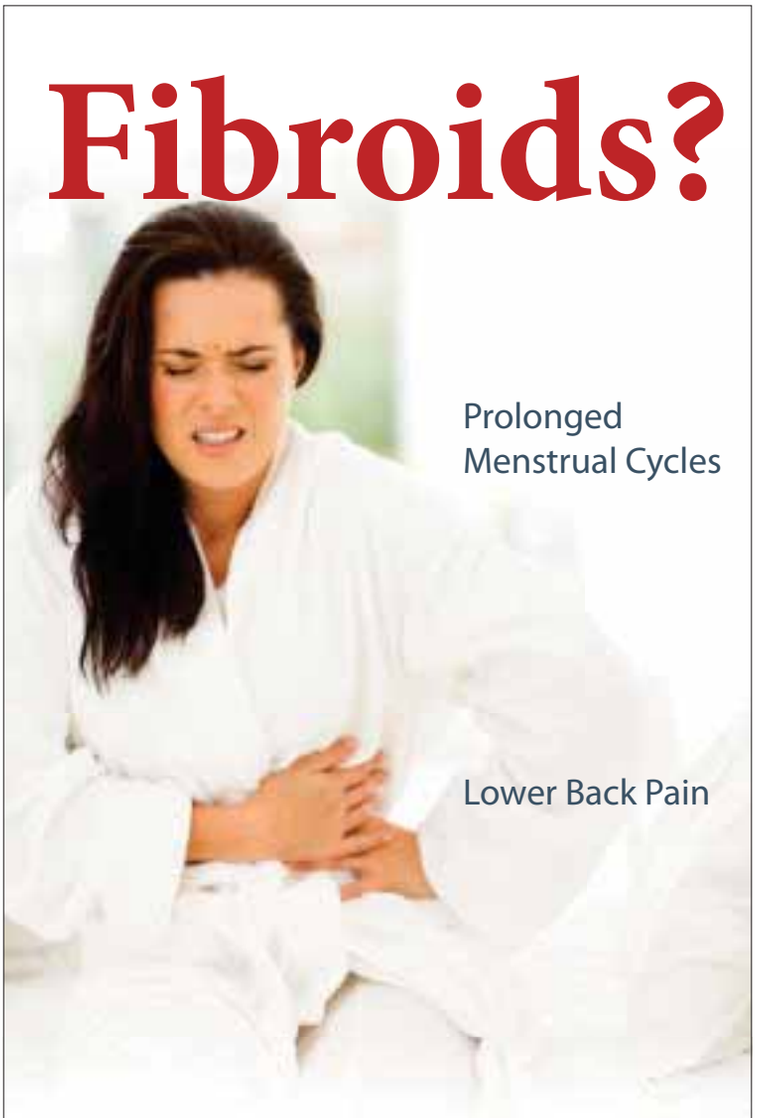

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Can Baby Boomers Avoid Knee Surgery With Modern Arthritis Treatments?

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

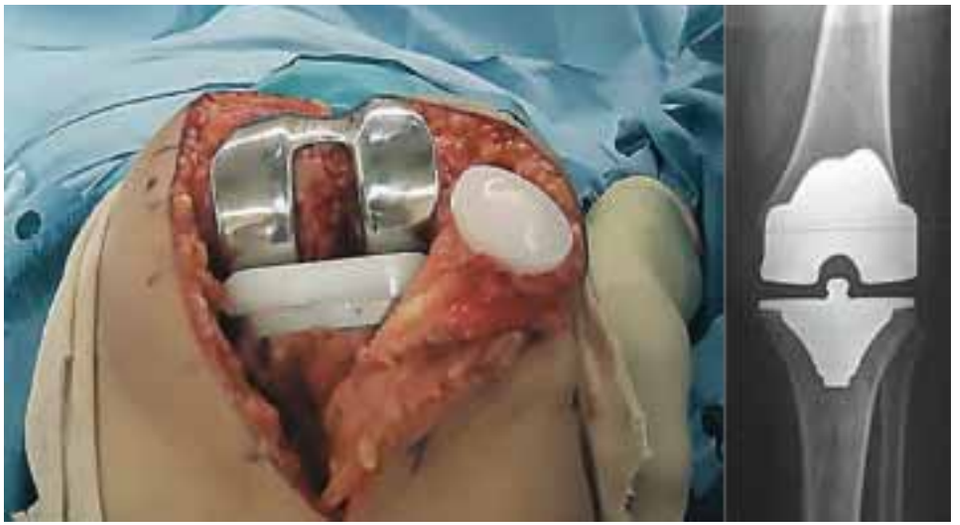
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

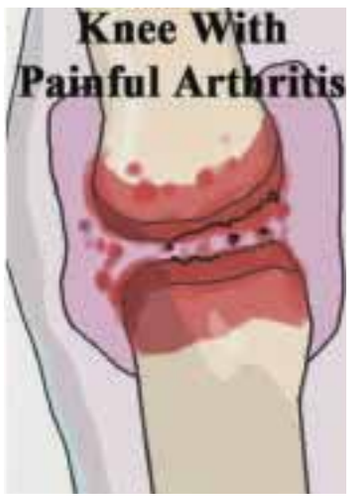
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments.

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Bankruptcy judge wants to know about 50 Cent's piles of cash

Here's a pro tip: If you've filed for bankruptcy and the court is still considering your case, maybe don't post photos of yourself on Instagram surrounded by piles of cash? That's exactly what rapper 50 Cent has done, and the result is the judge in his bankruptcy case has summoned him back to court to explain himself. See, 50 Cent — whose real name is Curtis Jackson — is caught between a rock and a bragging rapper hard place, as he's looking for protection against a slew of expensive impending lawsuit decisions, but he didn't appreciate everyone joking about him being broke last summer when made the initial filing. You can't have it both ways, buddy. Sorry.

the word

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Kris Jenner calls Caitlyn Jenner worst dressed at Fashion Week

ALL PHOTOS GETTY IMAGES

Kris Jenner had some not very nice things to say about ex Caitlyn Jenner's appearance at New York Fashion Week when the whole family donned matching outfits for Kanye West's show — except Kris is totally trying to compliment her, so it's OK? I guess? "My worst I think is going to be Caitlyn and here's why," Kris says during a "Fashion Police" drop-in late last week. "I can't handle the shoes with the skirt. The second reason is, because, I really would have liked this outfit for myself, and she kind of stole it. I'm a little jealous. I'm a little angry that I didn't get that skirt, to be honest." Easy, Kris. Anger doesn't look good on you.

DAILY VIDEO

@ CLICKHOLE/YOUTUBE

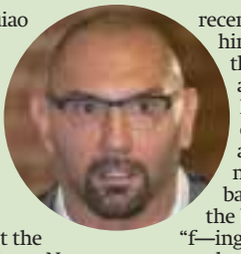
Girls Answer the Most Common Questions Guys Google About Girls

The good folks at Clickhole are doing a valuable public service by letting girls address the biggest quandaries guys have about them but would rather Google than ask. It's informative and illuminating, and there's a lot for everyone to learn. For instance, did you know there's one woman out there who's the most fertile in the world and sets the schedule for the menstrual cycles of the world? Or that no one really knows how to unhook a bra? The more you know ...

Who doesn't want to rent a 'murder house'?

Good news! Now you can spend the night in a mansion made famous for a slew of grisly murders. Well, totally fictional murders, at least. The Los Angeles home featured in the first season of "American Horror Story" recently went on the market and sold for $3.2 million to Angela Oakenfold, ex-wife of EDM star Paul Oakenfold. And what did she do with it? She almost immediately listed it on Airbnb. "One of the most important estates ever built in Los Angeles, the Alfred Rosenheim Mansion was declared a historical monument and cultural landmark," the listing reads. "Built in 1908, this stunning architectural masterpiece boasts original features throughout." You and up to 15 of your friends who don't mind feeling a little creeped out can stay there for just $1,450 a night. Black rubber suit not included.

David Bautista calls out Manny Pacquiao over LGBT comments

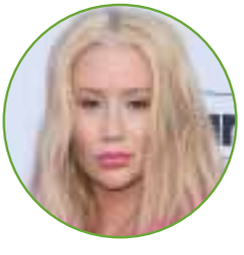


Manny Pacquiao has already lost his endorsement deal with Nike over his comments about gays and lesbians, but that's just the tip of the iceberg. Now he apparently has to constantly look over his shoulder because he's made an enemy of massive "Guardians of the Galaxy" star and former WWE champ David Bautista. TMZ's goons caught up with Bautista recently to quiz him on his thoughts about Pacquiao's comments, and he did not hold back, calling the boxer a "f—ing idiot," among other things. "My mom happens to be a lesbian so I don't f—ing take that s—. I don't think it's funny," he says. "If anyone called my mother an animal, I'd stick my foot in his ass." So there you go.

@MarkRuffalo (Mark Ruffalo)
We need JOURNALISM not PROPAGANDA. The media are misleading the public on Syria

@lindsaylohan (Lindsay Lohan)
I love nature

@rickygervais (Ricky Gervais)
Whenever I tweet about rationality, some silly c— always says "Why don't you let people believe what they want?" Like I'm stopping them.



@IGGYAZALEA (Iggy Azalea)
The most painful thing in the world is accidentally stepping on a lego brick barefoot.

@ElizabethHurley (Elizabeth Hurley)
Good morning Los Angeles. J-e-t-l-a-g

@hughlaurie (Hugh Laurie)
We stand before you at last. Blood-streaked gladiators, or cat with a dead bird. Either way, it's an honour.

Meet Anya Taylor-Joy, star of the 'The Witch'

The young actress breaks through as a teenage Puritan beset by evil spirits and her family.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In "The Witch," in theaters Friday, Anya Taylor-Joy plays a teeanger in a Puritan family plagued by an evil spirit. A24

It sounds heavy: Shooting your first movie — the horror indie "The Witch" — in the woods of remote Ontario.

"I really should have been more concerned about going," says star Anya Taylor-Joy with a laugh. "I had just turned 18, I was going to be alone with no WiFi, no cell service, and I'm going to be making this really, really bizarre movie. But it never entered my mind. I was just like, 'I'm going!'"

The acclaimed film stars Taylor-Joy, now 20, as Thomasin, a teenager in a Puritan family who take up in a cabin on the edge of a forest. There, they find their worst fears coming true: namely that evil exists in the form of a frightening witch, who first takes the family's newborn then comes back for the rest of them.

Taylor-Joy was born in Miami, but she's never lived in the States. Her family immediately relocated to Argentina before moving to London when she was 6. "I did not enjoy that decision. Now as an adult I can say, 'Thank you so much, you gave me so many opportunities,'" she tells us. She even refused to learn English for her first two years there, but she thinks that wound up helping her acting.

"I can't help but mimic people," she explains. "If I'm in a room I will pick up on the way people are speaking and I will go there. It's not a choice. That's great for movies."

In person Taylor-Joy is very friendly and chatty (she describes herself as "a very extroverted introvert"), qualities she had to tame while playing Thomasin, who's quiet and not sure what to make about adolescence — which, given their old-time religion, winds up making her family think she's in leagues with the villain.

"Everything about being a Puritan — to me, anyway — seems to be going against what it means to be human. You're trying to tamp down your most base human instincts," Taylor-Joy says. "Thomasin is so withdrawn and conflicted, because people didn't talk about puberty in those days. While the family is very afraid of her, she doesn't know what the hell's going on, either. No one's saying, 'Honey, you're experiencing hormones, this will pass in awhile.'"

Inevitably "The Witch" reminds us how even today we oppress women. Though she says there's still more progress to be made with gender rights, she's been pleasantly surprised that many of the scripts she's been sent since "The Witch"'s debut at last year's Sundance have featured strong female characters — which is to say with flaws and grit.

"Those should not be anomalies," she says. "The fact that I'm reading them means they're out there. Ergo, why isn't every girl getting this opportunity?"

Taylor-Joy has already shot a big-budget film, "Morgan," by Ridley Scott's son Luke, and is still working on M. Night Shyamalan's "Split," opposite James McAvoy. But she knows she struck film gold with "The Witch."

"I read the script very late at night, alone in my bed. When I was done my body collapsed in on itself. I was a nervous, frightened, anxious mess. I couldn't articulate where it was coming from," Taylor-Joy recalls. "That feeling I got from 'The Witch' is the feeling I'm going to be chasing my entire life. It's about a compulsion to tell a story."

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Take it with a rim of salt

On National Margarita Day, David Wondrich goes searching for the origins of the tequila cocktail.

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"Cocktails," writes famed booze historian David Wondrich, "are rarely created in the full light of history."

The margarita's origin story is further complicated by having to cross the Mexico-U.S. border (though in which direction is also disputed), only to lose its way entirely between 1960 and the late '80s, when bartenders were throwing everything in the popular cocktail to mask the taste of agave, the Mexican plant that's baked, distilled and—depending on the style—aged to create tequila.

But the classic combination of lime juice, Triple Sec and a salt rim that is the margarita has endured, and is the seventh most popular cocktail in the world, according to a poll of Drinks International's 50 best bars of 2015.

To prepare for today, National Margarita Day, Wondrich did a deep dive into the cocktail's history—and found a lot of claims to fame, each with "enough evidence to mark it as plausible."

A happy accident: In the 1920s, about 50 years after the Daisy (a shot shaken with lemon juice and orange cordial, then splashed with soda) was popularized in New York City, a Tijuana bartender named Henry Madden grabbed the wrong bottle while making the drink (he was going for gin) and handed over a Tequila Daisy.

The one from a cafe in London: A cocktail called the Picador, made with tequila, lime and Triple Sec, is just one of 15 tequila drinks that appear in a 1937 cocktail book by the Café Royal in London. Two years later, the Cotton Club's cocktail book had a drink called Tequila with the same recipe, this time with a salted rim, among its sours.

California connection: A Los Angeles bar called the Tail o' the Cock had started to move a lot of tequila by 1955 with a drink called the Margarita. Head bartender John Durlesser told a local nightlife columnist that he'd actually invented the cocktail almost 20 years earlier, in 1937.

In another interview 11 years later, however, he told Bon Appetit magazine that, rather than inventing it, he'd been asked to re-create a drink that a female patron remembered from Mexico.

Celebrity cameo: In 1963, the Houston Chronicle found a bartender named Santos Cruz who laid claim to inventing the drink as a tequila Sidecar (which is also made with orange liqueur and lemon juice, but a sugar rim) in the 1940s at Galveston's Studio Lounge. It was all to do with jazz great Peggy Lee, he claimed, who reportedly asked for "a tequila drink without a lot of mess in it."

The bartending socialite: Margaret Sames, a Texas socialite who also had a home in Acapulco, Mexico, claimed she made the cocktail for a Christmas party in 1948.

What's a Magnolia?: In a Texas Monthly article from 1974, an American woman walked into a bar called Tommy's Place in Cuidad Juarez in 1942 and asked for a Magnolia. Bartender Francisco Morales told the paper he didn't know it and knocked together a recipe that was a margarita.

Where ever it started, all we know is the margarita is here to stay. We asked some bartenders from around the city to give us their modern takes.

PAUL WAGTOUICZ

Bulldog Margarita

For Don Sofer of local Mexican restaurant chain Blockheads, tequila is a nostalgic flavor. "I can't think of anyone who doesn't equate margaritas with a good time and a smile," he says. The frozen margarita base for his Bulldogs is made in-house with Suaza Silver (it's smoother and less smoky) and fresh agave, then "garnished" with the drinker's choice of beer. "A customer came in early on, in the '90s, and he tipped his beer into his margarita a little bit at a time," Sofer recalls. The Canadian man was replicating a margarita he knew as the Bulldog, "so I perfected it."

Pepino Diablo

Cucumber purée is a common enough cocktail ingredient these days, but paired with a jalapeño-infused tequila? "We wanted to do a balance of spicy yet refreshing that kept you wanting more," says Adam Baca, beverage manager at longtime East Village taqueria La Esquina. He uses Tanteo Jalapeño Blanco Tequila for consistency, and adds only fresh lime juice and a splash of agave nectar.

Adam Baca PROVIDED

Winter in Jalisco

Living in NYC means being surrounded by inspiration for Laura Newman at Cienfuegos and Mother of Pearl, where she works to incorporate global flavors into her cocktails. This savory margarita is made with two kinds of Patrón tequila (Roca Patrón Silver and the coffee-infused XO Cafe) as well as the brand's Citrónge liqueur, a squeeze of lemon and an Asian fusion twist with the addition of toasted sesame oil "because mixing flavors and cultures is what New York is all about!"

Margarita de Remolacha

Though beet is the ingredient that jumps out from Brian Smith's margarita, it's not the most vital part of the drink. "Once you have chosen your tequila, the single most important part is fresh lime juice," says Smith, beverage director at DUMBO's Gran Electrica restaurant. He uses Pueblo Viejo Blanco for its clean flavor but "assertive agave profile that makes it excellent for mixing." Simple syrup lends brightness to offset the earthy beets, then Combier for a not-too-sweet orange kick. "The beets are also brilliant for highlighting the slight vegetal quality that exists in 100 percent agave blanco tequila," he adds.

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Pop culture majors go beyond obsession and fandom

ISTOCK

jobs & education

HOW TO GET AHEAD

No, you don't get to watch reality TV for class credit.

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The hallowed halls of academia resonate with history. Reading the classics and then pontificating on the same questions that puzzled our greatest thinkers has deluded many a college freshman into thinking he's the first person to discover Sartre and Foucault.

So do today's undergrads feel as tied to history when they're critically assessing, say, "Jersey Shore"?

Yes, studying pop culture in college is a thing — and has been for awhile. But at Bowling Green State University in Ohio, the only university in the country to offer a BA and an MA in popular culture, is taking it to a new level.

"We tend to get very strong, intellectually curious and independently minded students with a particular passion for something," says Jeremy Wallach, a professor in the Department of Popular Culture. "A lot of people really are surprised how intellectually serious an enterprise this all is, even though we analyze culture that many consider disposable and trivial."

Pop culture grads wind up in careers that run the gamut from entertainment to education. One is at the Country Music Hall of Fame, and a hanful are pursuing Ph.Ds in English, children's literature, folklore and cultural studies, says Wallach.

John Cook, a Bowling Green pop culture grad from the class of 2007, went on to get his MA in library sciences at Kent State University. He uses "pop culture to inspire kids to read every single day" as the youth services supervisor at the Columbus Metropolitan Library.

Cook gave us the lowdown on what he learned — and why it matters.

What exactly is the study of pop culture?

"Pop culture is important because it's the art of the common person. It's more than entertainment. It's educational, it's historical, and it's constantly changing, but there's going to be patterns over time."

How does pop culture apply to other disciplines?

"If you look at some artifact of pop culture, it's going to be a reflection of the time. What I did for my thesis was look at Spider-Man comics before and after 9/11. It had a really big effect on the comic book industry, and I was looking at how the characters in a fictional universe were addressing and dealing with the tragedy, and how it mirrored what was happening in real, everyday life."

How do people react to your degree?

"I had to justify it a lot in the beginning, but if you're in an interview and you're trying to stand out, it's an instant conversation starter. I would say not to be ashamed of it."

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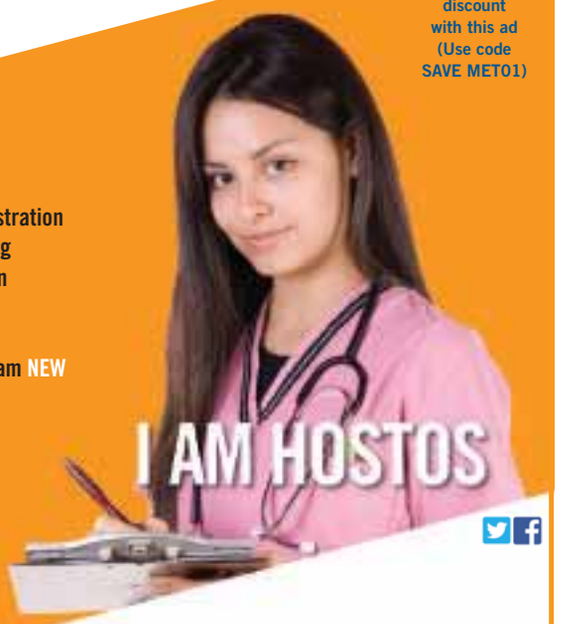

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The perks and pitfalls of working from home

Remote work is on the rise. Here are a few ways to make the most of your home office.

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Perk #237 of working from home: Your cat is your co-pilot. ISTOCK

Dreaming of trading the corner office for a home office? You're not alone.

Some 3.7 million people work from home at least half the time, according to Global Workplace Analytics, and 50 percent of American jobs could be done remotely at least part of the time. But working remotely may not be all it's cracked up to be. When making the transition from cubicle to kitchen table, it can be a challenge not to lose office productivity when you lose the office.

Here are a few tips to avoid the pitfalls of working remotely.

Draw a line between work and play

Maintaining clear working hours is important for successful remote work, but when your home is your office, it's easy to forget to unplug. On the other hand, if a friend calls you during work hours, it's harder to find a reason not to pick up. "Set a clear schedule for your working hours and don't deviate unless you have no other choice," says freelance writer Leigh Shulman.

Joe Lazauskas, editor-in-chief of Contently, says, "At home, you can justify taking an hour break to watch Netflix because you figure you'll just work a bit later. That's a slippery slope. When I was freelancing a bunch in 2012, 'Friday Night Lights' almost ruined my life." Maintaining a work schedule ensures you keep up productivity.

Anyone out there?

If you've spent years commuting to an office, working from home may seem like a dream come true. However, there's a downside: losing touch with the office and feeling disconnected from co-workers. "If you are part of a team at a corporate office, be sure you're talking regularly to people in your office base either on the phone or via videoconferencing," says Kristin Shaw, a freelance writer who has been working from home since 2008. Making time to go in to see your boss and co-workers can make all the difference.

Call IT

We're all at the mercy of technology, and even more so for those using the family computer for work. Shaw's advice for remote workers: "Find a freelance IT professional nearby who can scrub your laptop of any extraneous stuff that is slowing down your computer on a regular basis."

Don't forget home office deductions

In some cases, you can write off your home office expenses. Deductions are based on the percentage of your home you use for business, but restrictions apply, so check out the IRS guidelines. You can also get a deduction if you use a separate space like your garage as an office.

Lazauskas suggests co-working spaces, which "can be totally worth it in added productivity." Companies like WeWork offer co-working spaces with desks and offices for rent. Prices range from $200 to $900 a month, depending on location.

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‘Sparking joy’ in the workplace

To maximize happiness on the job, know when to hang on and when to let go.

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Marie Kondo’s new book is an ode to sparking joy, even at work. ISTOCK

“Does it spark joy?” That’s the big question underlying Japanese organization expert Marie Kondo’s wildly popular home-decluttering strategy.

Kondo’s first book, “The Life Changing Magic of Tidying Up,” introduced the “KonMari Method” to the world. She developed a cult following for her simple yet transformative approach to organization: Keep the items that trigger happy feelings, say goodbye to those that don’t.

Kondo recently came out with a follow-up, “Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up,” that delves into the emotional decluttering process that comes with a material purge. But does her method apply outside the home? Career coaches weigh in with their favorite tips for sparking joy in the workplace.

Let go of what you can’t control

First and foremost, let go. “You can control things at home but that’s not so easy at work,” says Marguerite Orane, executive coach and strategy facilitator. Shed the desire to change everything, and shift your focus to the areas where you have more sway.

Make the most of your physical space

It might be difficult to create a place of joy in a fixed workspace, but small changes can make a big difference. “Bring all the physical beauty you can into your space — color, photographs, just something meaningful that reminds you of happy times,” Orane says. And resist the temptation to stay chained to your computer. “I’m always surprised at people who never get up from their desks,” she says. “Go outside and replenish!”

Keep a tidy (and delightful) calendar

Career and executive coach Maggie Mistal recalls interviewing Deepak Chopra about his career. “When he got to work, the first thing he would do was review his calendar. If everything on it didn’t bring him joy, he wouldn’t do it,” she recalls. “I said, how great that must be to have reached a point of success where you only get to do what you want. And he said, ‘How do you think I became this successful?’ It rocked my world. Now I tell this same story to my clients. It’s life-changing.”

Actively pursue joy

“Everybody has some dream that they’re harboring but afraid to go after,” Mistal says. Employees might not realize they have the capability to “job craft,” or slightly adjust their roles to play more to their strengths, skills and preferences. Be proactive and ask to do the tasks that bring you joy. Mistal encourages managers to perform “stay” interviews with employees, a sort of check-in to get a better grasp on their passions and career goals. “Managers can’t read people’s minds, so create the avenues to have the conversations.”

Celebrate other people’s joy

Every person has different needs, goals and desires, Mistal says, and negative competition among coworkers does nothing to bolster joy. Be happy for your colleagues when they experience joyful moments. “The communal aspect is huge,” she says. “Supporting each other helps us all get what we want.”

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Unemployment rates keep falling, but some sectors still struggle

The number of Americans filing for unemployment benefits unexpectedly fell last week, pointing to labor-market strength that keeps Federal Reserve interest rate hikes on the table this year.

Other data Thursday showed factory activity in the mid-Atlantic region contracting at a slower pace in February and hinted at a pickup in wage growth. But the signs of stabilization in the struggling manufacturing sector were tempered by further declines in new orders and employment.

"The economy is better than the markets think. We wouldn't rule out another rate hike at the March meeting as financial market turbulence fades away and the economic outlook remains positive," said Chris Rupkey, chief economist at MUFG Union Bank in New York.

Manufacturing is still sluggish, despite overalll job gains. ISTOCK

Forecasts and rates

Economists had forecast claims rising to 275,000 in the latest week. The four-week moving average of claims, considered a better measure of labor market trends as it irons out week-to-week volatility, fell 8,000 to 273,250 last week.

In a second report, the Philadelphia Federal Reserve said its business activity index increased-nuary. The index has been now been negative for six consecutive months.

The reports had little impact on U.S. stocks, which slipped after Walmart reported a drop in quarterly earnings and cut its full-year forecast.

The health of the job market could determine whether the Fed raises rates this year. The U.S. central bank increased its benchmark overnight interest rate in December, the first hike in nearly a decade.

Eye on layoffs

Claims are being closely monitored for signs of a pickup in layoffs in the wake of the recent massive stock market selloff. There is no indication so far that companies have responded to the tighter financial market conditions by reducing headcount.

Claims have now been below the 300,000 threshold, which is associated with a strong labor market, for 50 straight weeks—the longest stretch since the early 1970s.

Nonfarm payrolls rose 151,000 in January. Economists said the drop in claims during the survey was consistent with job gains of about 200,000 in February.

"With anxiety around the state of the global economy already elevated and mixed readings across a number of domestic economic indicators, the recent decline in jobless claims is a welcome development," said Jim Baird, chief investment officer at Plante Moran Financial Advisors in Kalamazoo, Michigan. REUTERS

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UNLIKE THE YANKEES, THE METS HAVE A TRUE IDENTITY IN 2016

OPINION

MARC MALUSIS
@marcmalusis

Last Thursday morning, a member of the Yankees posted a memo outside the team clubhouse entrance. It was titled, "Motivated Professionals Only." It read: "By entering here, you agree to give 100 percent of what you have. There are no excuses. Every day, every moment is an opportunity to excel, to be more, to achieve your best. Do not squander your time by going through the motions. Train hard and get results. At the end of the day, look in the mirror and ask yourself if you gave your all. If you don't have that level of commitment, don't waste your time or ours."

Growing up a Yankees fan, I initially loved it. It is a motivational sign that certainly looks to set the tone as pitchers and catchers report. But it also hints at an organization that understands where they are situated not only in the landscape of baseball, but also in this city. In essence, the Yankees are now a franchise that is searching for an identity.

The Mets already have an identity in place.

For the first time since, I would say, the mid-'80s, the Mets go into spring training as the superior franchise. They have the dynamic rotation and the brilliant young closer. Their lineup is deep and veteran-laden and has the transformational bat in Yoenis Cespedes and the young thumper in Michael Conforto. The Mets, as a team, know the expectations and they have embraced it.

Meanwhile, the Yankees are a team in transition. They have older players in Alex Rodriguez, Carlos Beltran and Mark Teixeira who are no longer sure things. You have serious doubts if any of the three can stay healthy the entire season. Even if they do stay healthy, you wonder if Father Time catches up with them and there is a drastic drop-off in production.

Yankees fans are excited to see some of the young prospects like Gary Sanchez, who they have been hearing about since the Yankees signed him at age 16. The Yankees need a little bit of get up and go and they need to show some passion. Certainly last season fizzled as they went quietly into the night against Dallas Keuchel and the Astros in a one-game playoff. So for some, this might be a sign of change, and that would be a good thing.

Certainly the spotlight has changed in this city. It is now much more focused on Queens than the Bronx. The Mets have a team with few weaknesses and a dynamic rotation. The Yankees are filled with more questions than obvious answers right now.

Just think how much times have changed for the baseball fan in this city. After all, it was just last spring when the Mets left T-shirts in their lockers down in Port St. Lucie. On the front it said: "Win: It's in Your Grasp" and on the back it said: "Take the Damn Thing." In 2012, the Mets wore "Underdog" T-shirts in the customary orange and blue. Those shirts were ordered by the co-owner, Jeff Wilpon, as he searched to provide some extra motivation and support.

Therein lies the rub.

The Mets don't need the extra motivation or the search for an identity anymore. They showed it last October in their World Series run, and they know they are good.

The Yankees? They're searching for it. They certainly have some talent, but as things stand today their 2016 identity is cloaked in mystery.

The Mets are proven winners heading into the 2016 season. GETTY IMAGES

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May 7 Sunscreen Day [Blue Lizard - All Guests]

May 10 Dunkin' Donuts Card Night
[Dunkin' Donuts - 1st 18,000 Guests 21 and older]

May 13 Yankees Reusable Tote Bag Night
[MLB Network - 1st 40,000 Guests]

May 14 Alex Rodriguez Replica Bat Day
[Bank of America - 1st 10,000 Guests 14 and younger]

May 15 MLB Play Ball Weekend Wiffle Ball & Bat Day
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June 12 Old-Timers' Day
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June 24 Mickey Mantle Triple Crown Bobblehead Night
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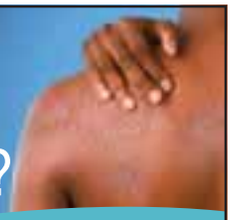

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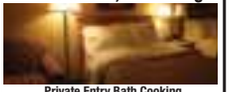

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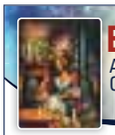

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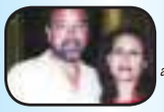

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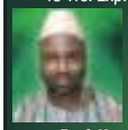

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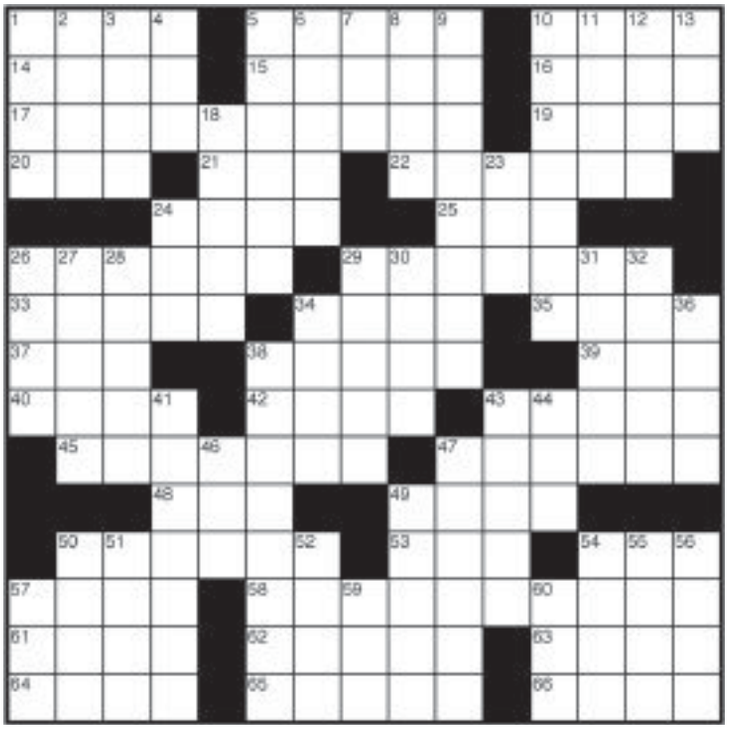

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1 Info request encl.
2 Deck hands
3 Tell — — (falsify)
4 Aug. and Feb.
5 Low-budget film (hyph.)
6 Upset
7 Mrs. Lennon
8 Eggy drinks
9 Flack's job (2 wds.)
10 Warm clothing
11 Drone's home
12 Garage sale tag (2 wds.)
13 A Kennedy
18 Something to beg for
23 Billy — Williams
24 Stat for Greenspan
26 Gun, on stage
27 Tools with teeth
28 Cash, for instance
29 Mesa Verde attraction
30 Ms. Bombeck
31 — pie
32 Oui and da
34 Chemist's weight
36 Skillful
38 Pretends
41 Groupie idol
43 Razor filler
44 Hwys.
46 Tokyo, to shoguns
47 Familiar threat (2 wds.)
49 Vexed
50 Its HQ is Brussels
51 Has debts
52 Cool place to hang out
54 Adjust a piano
55 Baja Ms.
56 Attention getter
57 Sharp bark
59 Caesar's 901
60 Scrooge's oath

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easy

5		7					8	
				9		7		4
	6		7				3	5
1					9	8		
		6	5	4	3	1		
		5	8					2
2	9				7		4	
6		1		2				
	4					9		1

hard

		4	7					2
2	1			5			3	6
					8	9		
1	8				5			
4		5				3		7
			9				8	1
		1	5					
3	2			1			7	5
7					2	1		

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Aries Use one of your many skills to bring in extra cash. Money will come to you from an unusual source. Find out what's expected in return before you accept an offer.

Taurus Use whatever tactics are necessary to help get your way. If you are bold and confident, people will listen. Take action instead of offering empty promises.

Gemini Do what suits you best, not what someone else wants you to. Take advantage of any information that can help you gain the respect and confidence of your peers.

Cancer You have plenty of options. Don't view change as a negative experience. Something good will come to you if you are willing to explore different means.

Leo What you see is what you get, and with that attitude you will be able to take on whatever challenge you face. Jealousy will be behind any opposition you encounter.

Virgo Before making a move, you should dig deep and find out firsthand what's going on. Use your cunning to manipulate whatever situation you face to improve your position.

Libra Assist those deserving of help, not those looking for a handout. Make a point to update your appearance or pick up knowledge that will help you advance.

Scorpio Consider an unusual option that appears out of nowhere. An open mind will lead to a choice that could change your life forever. An offer will be worth investigating.

Sagittarius A trip or meeting with friends will help you make a decision regarding your current residence. Don't rely on secondhand information. Romance is in the stars.

Capricorn An unusual situation regarding a legal, contractual or health matter will arise, allowing you to make a decision that will help to stabilize your position.

Aquarius Avoid arguments due to emotional misunderstandings. You will have to compromise if you want to maintain a healthy atmosphere with the people you encounter.

Pisces Don't share personal information with colleagues, friends or relatives until you are sure that the information will not be used against you. **EUGENIA LAST**

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